



FAMILY toolbox

WITH

Dr. Scott Turansky

AND

Joanne Miller, RN, BSN

A Program for Parents and Teens

**Videos and Discussions Around
16 Life Success Principles**

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Video Series Parent and Teen Discussion Manual

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Welcome

Dear Parent,

Several key success principles can propel your teen forward toward maturity. We've identified sixteen of them in this video series, each illustrated by a family with significant relational problems. By watching video clips of difficult family interactions, you'll be able to see and feel things with your teen that will open up avenues of conversation about your own family and ways to improve the interaction.

Families have a job to do. Not only do they need to get dinner on the table, homework done, and clothes put away, but parents also have the daunting task of teaching children how to relate, ways to handle conflict, and keep emotions from causing damage in communication.

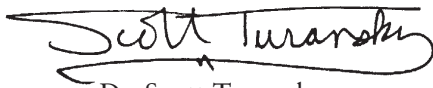
As you work through each lesson in the Family Toolbox, you'll want to discuss the problem as well as the solution, looking to the Bible passages for practical principles to address life's challenges. You may want to watch the video twice with your teen. The first time, just watch it through and discuss general observations. The next time through, stop the video each time you see a problem on the part of a child or a parent and discuss what you're seeing. You might ask, "What's wrong there?" "What do they need to work on in their family?" "How might they handle these kinds of situations differently?"

Keep in mind that these families can't be fixed by changing the one interaction. These families all need to be re-engineered. In order to achieve more success they must pull back, adjust some major problems, and then move forward with new solutions in practical ways.

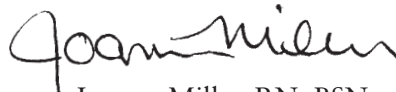
As you watch the videos and listen to the teaching you'll discover practical ways to help your family incorporate new strategies for success.

In some cases your child might like the video and be attracted to the negative interaction. That's a sign of a problem. Don't be discouraged. Teens need dialogue and your interaction working through these questions may be just what's needed to help your child move from glorifying sin to working toward God's grace in their lives.

Sincerely,



Dr. Scott Turansky



Joanne Miller, RN, BSN



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How to Use the Family Toolbox

- This video series has eight lessons created for parents and teens. Each lesson has two parts. The first part contains a dramatic sketch of a family experiencing a problem. The second part of each lesson offers solutions from a teaching video designed specifically for the parent.
- As you, the parent, prepare, watch both the dramatic sketch and the teaching video to acquaint yourself with the material and to prepare the talking points with your young person. It's usually wise for a parent to work through the whole lesson alone and then just the video and teen worksheets with the young person.
- Each lesson with your teen is designed to last between 15-20 minutes. At the beginning of sessions 2-8 it's often productive to ask the question, "What was it that we learned from the last session?" and "What things were we trying to work on this last week?" Share things you, as a parent, tried to do differently as a result of the discussion you had.
- You'll likely want to watch the video at least two times. The first time you might watch it straight through and then as you work through the worksheets it's often helpful to watch it a second time, pausing at places for discussion of what you saw.
- At the end of your time together talk about at least one thing you want to try to work on in the coming week. Pray together and ask God to empower you to do so.
- Each session contains two success principles for teens. Look for ways during the week to point out their value in life. You might share what you're learning, or just note a time when your teen was successful or making progress in a particular area.
- You might want to add some ambiance to your discussion experiences by providing ice cream, cookies, or cocoa. Or, you might like to have your meetings at a local Starbucks together. Keep in mind that relationship is the vehicle for transmitting values and teaching to others. Your investment in the relationship is just as important as the content taught through the material.
- In some cases, young people will be resistant to participate. Keep in mind that the family is a place where we all learn and grow. Demonstrate humility as a parent during your discussion times. Non-critical listening will help your teen to share more honestly. Acknowledging that each person, including you, has something to learn will make your meetings most productive.



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Lesson 1

It Starts with the Heart

Preparing Your Heart as a Parent

When Samuel was preparing to anoint a new king in 1 Samuel 16, he thought he could identify who that person would be. But God had a different standard for evaluating people. Out of all the boys in the family, God chose David, who would eventually be called a “a man after God’s own heart.”

As Samuel stood pondering the various candidates for the job, God shared a different way of evaluating a person than Samuel was used to. God said, “Man looks on the outward appearance, but God looks at the heart.” (1 Samuel 16:7)

That was quite a shift in Samuel’s thinking, but a necessary one. The same thing is true today. Many parents focus on behavior instead of the heart and use parenting strategies that simply change behavior but don’t provide lasting change.

In this lesson you’ll challenge your teen to think about two things. The first is respect and the other is the motivation to do the right thing. Do kids always have to have a reward or an incentive to move forward or can they do what’s right simply because it’s the right thing to do?

To prepare yourself for this lesson, watch the “Pick up Your Grades” video and work through the teaching material. Use the things you learn in the teaching as well as your own study of the passages to interact with your teen.

As you watch the scene unfold in the video, you’ll be able to identify each of these weaknesses in this family’s interaction. All relationships are complex and so talking about each of these parts of the problem may be helpful.

- Jamaal is disrespectful to his grandmother. Using words like “shut up” is unkind and degrading.
- Grandma starts out angry, setting a negative tone in the interaction. She uses bribes and threats to try to motivate Jamaal to do the right thing.
- Jarod thinks the correction of his brother is funny and continually interrupts the dialogue, further adding to the disrespectful interaction.
- Jamaal isn’t motivated until he gets some kind of reward. He isn’t motivated to concentrate on his schoolwork until he has some kind of external motivation in place.

Lesson 1

Teen Success Worksheet

Step 1 – Introduction



SCENE SUMMARY: Jamaal is 16 years old. His brother Jarod is 11. They live with their grandmother and their dad, but Dad is quite busy at work and Grandma has most of the responsibility for daily interaction with her grandsons. As you watch this video, you'll see two different problems. One is wrong thinking about motivation and the other is disrespect.

Step 2 – Watch the Video



Step 3 – Discussion



LIFE SUCCESS PRINCIPLE 1: Be Respectful Even When It's Hard.

What ways is disrespect demonstrated in this family? Look for at least five illustrations of disrespectful behavior.

Problem

How might you help this family demonstrate respect in their relationships? What might help them in their interaction? What do they need to change?

Suggestion

Ephesians 4:29 says, *“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”*

How do you guard your mouth when someone else is treating you unkindly, or when you have a disagreement or a conflict that must be addressed?

Bible Answers



Lesson 1

Teen Success Worksheet • continued

LIFE SUCCESS PRINCIPLE 2: Develop Internal Motivation.

What are some mistakes in Grandma's thinking about motivation? What does Jamaal believe about motivation that's preventing him from moving forward?

Problem

What advice would you give Grandma and Jamaal to help them develop new ways of thinking about motivation to get good grades?

Suggestion

Colossians 3:23 says, "*Whatever you do, work at it with all your heart, as working for the Lord, not for men.*"

What does this verse mean when talking about something you'd rather not do like chores or homework? Why is that helpful?

Bible Answers

Step 4 – Conclusion and Prayer



Many young people today do what they feel like doing instead of doing what they should do. That's why some teens eat a lot of junk food, stay up too late at night, postpone their homework, and spend way too much time entertaining themselves. If you're going to be successful in life, you'll want to develop internal motivation, doing what's right even when you don't feel like doing it. Answer the following question and pray together.

Big Idea: What are some things mentioned in this lesson that we can work on in our family?

Lesson 1

For the Parent

What are some weaknesses of only using Behavior Modification to change children?

QUESTION: How can I effectively help my child mature and develop?

ANSWER: Focus on the heart.

Here are a few tools used in a heart-based approach.

- identify the heart quality a child needs to develop
- dialogue about the heart quality at non-discipline times
- use firmness to require a demonstration of the heart quality being worked on
- practice
- give the child a vision for change



“Taking privileges away from kids can be helpful to motivate change but if that’s all there is to discipline, it often doesn’t work. Parents need more tools that focus on the heart, an approach that brings lasting change.”



Lesson 1

For the Parent • continued

A heart-based approach allows parents to be more positive because it focuses on the goal instead of the problem.

QUESTION: How can I effectively help my child mature and develop?

ANSWER: Focus on the heart.

- Responsibility
- Self control
- Kindness
- Patience
- Responsiveness to Authority
- Diligence
- Thoroughness
- Sensitivity
- Compassion
- Respect
- Cooperation
- Integrity
- Humility

Create a chart similar to the format shown below. Use the chart to identify negative behaviors, positive heart qualities that you'd like to see your child develop, and some ideas for bringing about that change.

Negative Behaviors	Positive Heart Quality	Strategy Ideas



Lesson 2

Follow Instructions Well

Preparing Your Heart as a Parent

One of the biggest challenges mentioned by parents is that their kids don't listen, don't do what they tell them to do, or do a job part way. Although children may have many other good things to focus on, learning how to follow instructions is high on the list for their success.

When children learn to follow instructions they learn basic life skills that will contribute to their success both now and well into the future. They learn to give up their own agenda for someone else, complete a task to another person's expectations, and report back. The heart qualities they learn include responsibility, cooperation, and responsiveness to authority.

Learning to follow instructions is part of a child's job description. It's God's design. God said in Ephesians 6:1, "Children, obey your parents in the Lord, for this is right." Obedience is an important quality to be learned in the home and it's not just for young children.

Parents teach obedience for a bigger purpose than to simply clean the bedroom or get kids out the door on time. Hidden within obedience are several secrets to success.

If children are going to be successful at learning obedience then parents must have a good plan for giving instructions. Parents sometimes use nagging or anger to motivate. In order for children to change, parents often have to adjust the way they give instructions.

In this lesson, you'll focus on just one part of the instruction-giving process called Action Point. An Action Point is the point where you stop talking and start acting. It clarifies the expectation for your child so your child knows when you mean business.

As you work with your teen, the two success principles for this lesson involve following instructions and looking for ways to contribute to family life, two important areas of success.

As you can see in the dramatic video, Mom's Action Point is anger. When Mom gets angry, Rudy gets moving. Take time to evaluate your own Action Point. Maybe you'll discover some new ways to give instructions that will be far more productive. And, as you talk with your teen, you'll likely increase cooperation in this area by clarifying expectations. Often teens have good ideas about how parents might be more effective at giving instructions. Your interaction in this lesson may produce some helpful suggestions for your relationship.

Here are some problems you might consider in this video.

- Mom makes the mistake of trying to talk to Rudy while he is concentrating on his cell phone game.
- Mom tells Rudy several times to put the laundry away without getting a positive response from her son.
- Mom uses anger to motivate her son to get up and get moving.
- Rudy doesn't respond well to his mom's continual requests to put the laundry away resulting in increased frustration on Mom's part.
- Rudy rightly feels hurt because Mom yells at him, but he handles it poorly blaming the problem on her instead of taking responsibility for himself.
- Mom may give the appearance of remaining calm but her lack of an Action Point with Rudy causes her to become more and more frustrated.

Lesson 2

Teen Success Worksheet

Step 1 – Introduction



SCENE SUMMARY: Dad and Mom have two children, Rudy (age 14) and Marisol (age 6). In this scene Rudy delayed putting the laundry away resulting in a confrontation with Mom. As you watch this video, try to identify what the trigger is that motivates Rudy to get up and obey.

Step 2 – Watch the Video



Step 3 – Discussion



LIFE SUCCESS PRINCIPLE 3: Develop Healthy Habits for Following Instructions.

How many times did Mom ask Rudy to put the laundry away before he got up to do it?
How might you describe Rudy's problem?

Problem

Mom yells at Rudy to get him to respond. Some parents believe that kids won't get moving unless they yell at them. What advice might you give to Rudy and to his mom in order to avoid the kind of confrontation that ended this video?

Suggestion

Ephesians 6:1: *“Children, obey your parents in the Lord, for this is right.”*

This verse isn't just for little children. God has hidden within obedience the success principles teens will use for the rest of their lives. What good habits are developed in people's hearts at any age when they learn to do what someone else says?

Bible Answers



Lesson 2

Teen Success Worksheet • continued

LIFE SUCCESS PRINCIPLE 4: Look for Ways to Contribute to Family Life.

What is Rudy's problem that prevents him from being more considerate and helping out in family life?

Problem

What suggestions would you give to Rudy that would help him be more considerate of the needs of the family?

Suggestion

Romans 12:10: *"Honor one another above yourselves."*

The word "honor" means value. When people show value to each other then they do it in practical ways including how they talk and how they act. How might Rudy and his mom benefit from honor?

Bible Answers

Step 4 – Conclusion and Prayer



Are you contributing to family life? Pray that God will help you look for things that need to be done, help out when asked, and follow instructions, so that you can develop some good patterns that you'll use for the rest of your life. If you develop strategies for cooperation now, you'll use those strategies later as well. Answer the following question and pray together.

Big Idea: What are some things mentioned in this lesson that we can work on in our family?

Lesson 2 For the Parent

An Action Point is...

QUESTION: How do I get my kids to listen when I tell them to do something?

ANSWER: Tighten your Action Point to clarify expectations.

Anger is dangerous as an Action Point because...

Instead, give a clear instruction and then follow through.

A tight Action Point helps parents because it focuses on a heart-based approach and teaches children responsiveness to authority in practical terms.

Firmness and harshness aren't the same thing.



“Parents often have to change the way they parent before kids change the way they live.”



Lesson 3

Handle Pressure Without Losing Your Cool

Preparing Your Heart as a Parent

Morning times are stressful for most families. Just getting kids up, fed, and ready for the day can generate conflict. Other families do quite well in the mornings but find themselves struggling over homework, chores, computer time, or getting into bed.

When parents and children are under pressure they sometimes resort to less than helpful patterns. The family in the video in this lesson uses intensity and sarcasm and no one feels good by the time they are ready to get out the door.

As you work through this lesson you'll be reminded of an important idea, that problems can easily move to conflict unless a workable strategy is in place. As you develop the skill of moving problems down to tasks instead of allowing them to escalate into conflict, your family will benefit.

In this lesson you and your teen will discuss problem-solving and conflict and explore helpful relational strategies to take the place of those that may be hurtful. Sarcasm is one of those techniques that can have a negative edge to it, causing harm to those around.

Peter gives advice in 1 Peter 4:12 to the early believers that they should be careful about being surprised when persecution and problems come their way. That advice is also true for the family. When parents or kids are surprised by problems, they often react negatively.

As you watch the video you'll see these problems and may want to draw them out:

- Each person in this family situation seems to only be thinking of themselves.
- Mom is intense, setting herself up as an opponent instead of a partner.
- Merilee is upset and Mom's response is unhelpful.
- Mom obviously waits until the last minute and therefore can't coach her kids to get ready in the morning.
- Merilee seems to have waited until the last minute to get ready instead of planning ahead.

Lesson 3

Teen Success Worksheet

Step 1 – Introduction



SCENE SUMMARY: Three children and their single mom are trying to get out the door. Mark is seven years old. Madison is seventeen, and Merilee is fifteen. The pressure is on, tempers flare, Mom is mad.

Step 2 – Watch the Video



Step 3 – Discussion



LIFE SUCCESS PRINCIPLE 5: Solve Problems Instead of Generating Conflict.

Describe how each family member is just focusing on themselves.

Problem

What could each person in this family do to reduce the tension?

Suggestion

1 Peter 4:12: “Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you.”

Peter is encouraging his readers to avoid the surprise element of problems they’ll face, particularly persecution and suffering. Surprise often results in instant negative reactions instead of positive helpful responses. What are some things you can do to prepare yourself in advance for challenges that might surprise you in order to handle the situation in the most productive way?

Bible Answers



Lesson 3

Teen Success Worksheet • continued

LIFE SUCCESS PRINCIPLE 6: Instead of Sarcasm, Develop the Skills of a Peacemaker.

Sarcasm is a statement that contains an underlying negative message. Count how many times sarcasm is used in this family's interaction. Why is this kind of sarcasm dangerous?

Problem

How might each person respond in a more helpful way in this interaction?

Suggestion

Proverbs 12:18: *“Reckless words pierce like a sword, but the tongue of the wise brings healing.”*

What are some examples of “healing” words that can be used to protect relationship and keep things moving in a positive way.

Bible Answers

Step 4 – Conclusion and Prayer



When people are under pressure their true character is revealed. It takes work to develop healthy habits of interaction, and practice to implement them in the challenging times. Pray that God will use your family's stress times to teach you good interaction skills and positive tools you'll use far into the future. Answer the following question and pray together.

Big Idea: What are some things mentioned in this lesson that we can work on in our family?

Lesson 3

For the Parent

Conflict happens in family life in several areas.

QUESTION: How can I reduce conflict and still get things done?

ANSWER: Turn problems into tasks instead of escalating them into conflict.

It's important to understand the difference between these three challenges:

Tasks –

Problems –

Conflict –

Plan for surprises by adding margin in your life.

Some practical strategies for the morning routine:

- develop a plan for morning
- set checkpoints in the morning to break up the time into easier pieces to manage
- discuss the plan with your children in advance
- be firm with children to keep the plan on track



“If parents have time to think they can often plan the best response to a situation. The problem is that the surprise of the moment catches them off guard, resulting in responses that are counterproductive.”



Lesson 4

The Value of Correction

Preparing Your Heart as a Parent

Correction is part of the job description for parents. It actually can be helpful but many times both parents and teens have poor reactions whenever the need for correction comes up.

Proverbs 6:23 says, “the corrections of discipline are the way to life.” That means that good things can come from correction. But, in order to gain the most from a correction experience, the attitude of the parent and the teen are important.

One of the greatest gifts you can give to children is to help them learn to value correction. It’s one of the ways people learn. It requires humility and a willingness to admit wrong. Unfortunately many people resist correction and look for all kinds of ways to skirt it.

In this lesson Grandma doesn’t have a good plan for ending discipline times. It’s so helpful to know how to conclude discipline with a Positive Conclusion because it helps everyone move forward instead of just feel bad.

As you watch the dramatic video with your teen you’ll see several problems happening at once. You might want to explore each of these as you work through your discussion.

- Grandma doesn’t know how to end the discipline. She reacts by simply taking away food and doesn’t work toward a positive end to the situation.
- Jamaal continues to interject unhelpful comments, complicating the interaction between Grandma and Jarod.
- The use of the words “Shut up” are unhelpful and dishonoring no matter who is saying them.
- Although Dad supports Grandma, he isn’t very involved in the discipline process with his sons.
- Jarod doesn’t know how to apologize or take responsibility for his offense in order to re-enter family life.

Lesson 4

Teen Success Worksheet

Step 1 – Introduction



SCENE SUMMARY: Grandma isn't handling the correction of Jarod and Jamaal too well in this scene. Just a half hour before, Jarod was yelling at Grandma and was sent to his room. Does Jarod apologize when he wants to return? How is Jamaal contributing to the dynamic?

Step 2 – Watch the Video



Step 3 – Discussion



LIFE SUCCESS PRINCIPLE 7: Learn to Value Correction.

Describe how each member of the family is hindering the interaction in this correction experience.

Problem

How might each person in this family do better in this situation?

Suggestion

Proverbs 12:1: “*Whoever loves discipline loves knowledge, but he who hates correction is stupid.*”

Does it say that the person who is corrected is stupid? No. But that's what many people believe. What are some of the benefits of correction?

Bible Answers



Lesson 4

Teen Success Worksheet • continued

LIFE SUCCESS PRINCIPLE 8: Apologize Well.

Grandma is still mad at Jarod and doesn't handle the discipline well. How does Jarod approach his grandma in order to return from his discipline?

Problem

What might someone say in addition to "I'm sorry" to have a good apology?

Suggestion

Proverbs 28:13: *"He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy."*

Sometimes, when corrected, people blame the problem on others or rationalize or justify their actions. What might be a better response to correction?

Bible Answers

Step 4 – Conclusion and Prayer



One of the jobs of parents is to correct children. It's going to happen. Both parents and teens can learn to respond well during the correction process. What are some suggestions you might make for yourself and your family to handle these experiences in the best way? Pray and ask God to give you the humility necessary to be a person who handles correction well. Answer the following question and pray together.

Big Idea: What are some things mentioned in this lesson that we can work on in our family?

Lesson 4

For the Parent

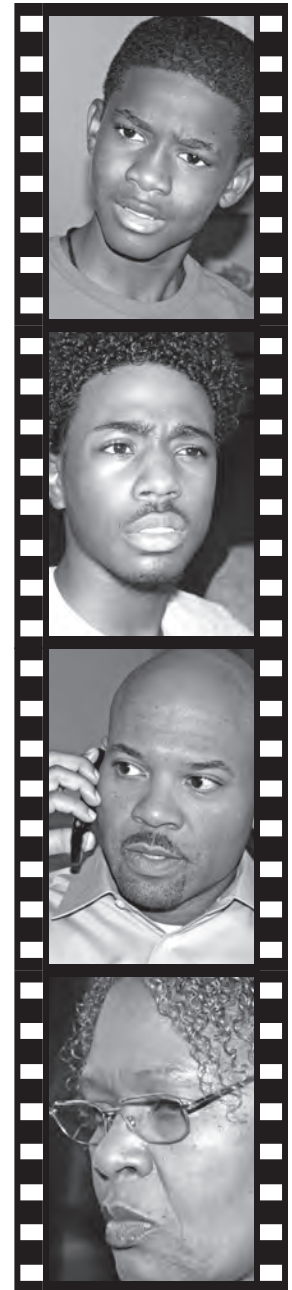
Discipline isn't complete until the debriefing takes place.

QUESTION: How can I maximize correction so that my kids change?

ANSWER: Use a Positive Conclusion to process offenses.

A Positive Conclusion has three questions and one statement.

- What did you do wrong?
- Why was that wrong?
- What are you going to do differently next time?
- Okay, go ahead and try again.



“Ending discipline times well decreases the lingering tension in relationships. It also increases conscience development and teaches children a more effective way to process offenses. This is one of the single most effective correction tools we know.”

Lesson 5

The Importance of Responsibility

Preparing Your Heart as a Parent

One of the tasks of parenting is to help children learn responsibility. It's part of maturity and growing up and the work parents do to teach it will help children for the rest of their lives.

A key ingredient of responsibility is remembering to do the jobs that are assigned to you. If parents must always give reminders then the child learns to rely on parental prompters instead of finding other ways to keep track of the assignments.

Organizational skills should be learned during the teen years so requiring them is important. It's valuable to ask teens for a plan and then hold them accountable to it. Over time they'll learn new ways to remember to do the things they need to do.

In this lesson Dad relies too heavily on consequences to try to teach his son. Furthermore, his anger intensifies the situation generating more conflict than solutions.

A good alternative to consequences is to use a *Break*. It has the goal of helping the child to settle down and be ready to talk about the offense. A *Break* is an adult skill and is a strategic part of the growth process for anyone because it forces you to pull back, settle down, and be willing to work on the problem in a constructive way.

As you and your teen watch the video, take time to consider several dimensions of the problem at hand. It's clear that Dad is ramping things up quickly, but there's more to the story than that and your discussion can reveal underlying issues.

- Dad only relies on consequences and when he thinks it's not working he just increases them. This can get ridiculous and out of hand.
- Jamaal uses forgetting as an excuse as if forgetting is somehow a justification for irresponsibility.
- Jamaal's system for remembering isn't working.
- Dad's intensity sets the stage for a negative interaction.
- Jamaal is defensive instead of humble when corrected.

Lesson 5

Teen Success Worksheet

Step 1 – Introduction



SCENE SUMMARY: Dad discovers that Jamaal didn't take out the trash as expected. Dad is angry and hastily escalates the consequences, not handling the situation in the best way, but notice Jamaal's response. What kind of solutions might prevent the escalation, or the need for correction in the first place?

Step 2 – Watch the Video



Step 3 – Discussion



LIFE SUCCESS PRINCIPLE 9: Develop a Plan for Being Responsible.

Why is forgetting to take out the trash a problem?

Problem

What suggestions would you give to Jamaal for being more responsible with the trash?

Suggestion

Proverbs 21:5: *“The plans of the diligent lead to profit as surely as haste leads to poverty.”*

The Bible sometimes uses the word “diligence” to refer to responsibility. In what ways do the “plans of the diligent lead to profit”?

Bible Answers



Lesson 5

Teen Success Worksheet • continued

TEEN SUCCESS PRINCIPLE10: Take Responsibility for Your Mistakes.

What excuse did Jamaal give for not taking out the trash?

Problem

Dad is angry with Jamaal and escalates the consequences because of his intensity. How might Jamaal respond better to Dad to reduce the tension instead of escalating it?

Suggestion

Proverbs 18:9: *“One who is slack in his work is brother to one who destroys.”*

What do you think the relationship is between slacking off and destroying as mentioned in this verse?

Bible Answers

Step 4 – Conclusion and Prayer



Early patterns of responsibility are demonstrated around the house and with school work. Pray and ask God for ideas about how you might be more responsible and diligent to build healthy habits both now and for the future. Answer the following question and pray together.

Big Idea: What are some things mentioned in this lesson that we can work on in our family?

Lesson 5

For the Parent

Consequences are valuable tools for correction but many parents overuse them.

QUESTION: What consequences can I use to get my kids to change?

ANSWER: Add non-confrontational correction to your toolbox.

A Break is a good tool for correction.

- The child is sent on a mission to change the heart.
- The child helps determine the length of time in the Break.
- The Break transfers responsibility for change back to the child where it belongs.

When you take away a privilege as a consequence, have the child earn it back.



“Correction is a valuable tool for growth, but many adults and most children don’t recognize its value. Correction teaches children to take responsibility for their mistakes and offenses. The way adults handle correction can help kids change.”



Lesson 6

Accept No as an Answer

Preparing Your Heart as a Parent

A person who can't accept no as an answer has some significant weaknesses. In fact, many adults have a hard time living within limits or dealing with disappointment. One of the important skills learned in a home is how to accept no as an answer instead of arguing, blaming, yelling, whining, or badgering.

In this lesson you'll see a common problem take place. Madison has invested her emotions into the idea of going out with her friends and she doesn't handle it well when her mom sets limits on her.

One of the hardest jobs parents face is to say no to their kids. Children often don't understand and think that parents are mean. Since parents often want their kids to be happy, setting limits is a challenge, especially when the child reacts.

In order for parents to be successful at saying no to their kids they must have some strong convictions, firmness, and the ability to communicate with grace. It's not easy and takes work on the part of parents.

As you find yourself needing to say no, look for ways to teach your children how to respond well to a no answer. Your work in this area will help them handle the disappointments of life with more maturity.

As you watch the video you'll see these problems you might want to consider.

- Madison makes plans and takes action without getting permission.
- Merilee and Mark get involved in unhelpful ways and Madison reacts poorly to them.
- Although Mom is firm, she doesn't seem to have any compassion for Madison in the process.
- Madison begins to argue. Mom stays on the issue and enters into unhelpful dialogue with her daughter.
- Madison's anger culminates in the "I hate you" drama, an immature response to limits.

Lesson 6

Teen Success Worksheet

Step 1 – Introduction



SCENE SUMMARY: Madison is heading out the door to spend time with Drew and her other friends. Unfortunately, she didn't work it out with Mom first resulting in a confrontation. Notice several different responses that Madison has to the no answer.

Step 2 – Watch the Video



Step 3 – Discussion



LIFE SUCCESS PRINCIPLE 11: Train Yourself to Accept No as an Answer.

Identify some of Madison's mistakes.

Problem

Sometimes parents have to say no and set limits on young people. How might Madison be able to accept a no answer with more grace?

Suggestion

Philippians 4:12: *“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.”*

One of the heart qualities that helps a person to accept a no answer is contentment. How does Paul describe contentment in this passage?

Bible Answers



Lesson 6

Teen Success Worksheet • continued

LIFE SUCCESS PRINCIPLE 12: Avoid Arguing.

What mistakes do Madison and her mom make that escalate the intensity of this problem?

Problem

How might Madison and her mom have handled this situation better?

Suggestion

2 Timothy 2:23: “Don’t have anything to do with foolish and stupid arguments, because you know they produce quarrels.”

Paul gives these instructions to Timothy for God’s family the church but it’s also good advice for the earthly family. Why did Paul tell Timothy to avoid arguing and how is that relevant to family life?

Bible Answers

Step 4 – Conclusion and Prayer



Arguing is one of those things that puts a drain on family life and is often a sign of weakness in the heart. Pray that God will help you accept no as an answer now so that you will be able to live within limits as you get older. Too many adults don’t know how to live within budgetary limits, or dietary limits and end up with problems. Success in this area starts now as you develop contentment in your heart when the answer is no. Answer the following question and pray together.

Big Idea: What are some things mentioned in this lesson that we can work on in our family?

Lesson 6 For the Parent

When parents have to say no to kids, children often respond with symptoms of demandingness.

QUESTION: How can I get my child to accept no as an answer?

ANSWER: Move from the issue to the process.

When a child gets a no answer, disappointment is the result requiring that the child grieve the loss.

Kids need to learn what contentment looks like in daily life.

When children respond poorly to their disappointment it's important for parents to move from the issue to the process.

- Issue

- Process

Dialogue isn't wrong but it can end up in the wrong place.

There are two kinds of people in the world: whiners and solvers.



“It takes two to argue but it only takes one to stop. When parents make changes, kids have to change as well.”



Lesson 7

Deal with Your Own Anger

Preparing Your Heart as a Parent

Every successful family needs a plan for addressing anger. James 1:20 says that “for man’s anger does not bring about the righteous life that God desires.”

That means that parents must address their own intensity as well as teach children a plan to manage their anger. Firmness is important but harshness pours emotional intensity into that firmness to try to make some kind of point or get the upper hand.

Anger often works for the moment. You can get your kids to stop being wild or to clean their rooms by yelling at them but anger damages relationships. Other strategies are more effective and don’t have the same dangers.

In order to reduce the anger and intensity, it’s often important to slow down the process a bit. Taking a few extra moments to call your child into the other room, explain the situation, or listen to the other person can often reduce the intensity of the moment.

As you work through this lesson you’ll want to look for ways that you can reduce your anger so that you’re not contributing to the emotional intensity. Then you’ll want to help your child deal with anger in practical ways.

Sometimes anger is the result of selfishness and that may be Rudy’s problem in this dramatic video. As you discuss the importance of working together as a team in family life, you’ll have opportunity to teach your child about many of the family tasks that need to get done and how working as a team is important for success.

As you watch the video you’ll see these problems developing.

- Dad ramps up the intensity pretty quickly setting the stage for an anger episode.
- Rudy seems more interested in himself than in helping the family out.
- Rudy has a problem with anger and tends to say things impulsively that are unhelpful. Dad also responds with hurtful words in the midst of his own anger, saying things that he’ll later regret.
- Dad doesn’t express appreciation or empathy for his son’s work caring for his sister.

Lesson 7

Teen Success Worksheet

Step 1 – Introduction



SCENE SUMMARY: Dad gets another shift at work and tells Rudy that he now must watch his sister Marisol. Rudy often has to watch his sister and he's not happy about it. Dad loses his temper and says things to Rudy that aren't helpful further escalating the problem. Rudy responds in kind, leaving them both saying unkind things. Can you see how the emotion ramps up as the interaction continues?

Step 2 – Watch the Video



Step 3 – Discussion



LIFE SUCCESS PRINCIPLE 13: View Your Family as a Team and Look for Ways to Work Together.

What do you think Rudy might be thinking that's preventing him from being willing to help out.

Problem

Dad is pretty intense which doesn't help matters. How might Rudy respond better in the midst of this challenging situation?

Suggestion

Philippians 2:4: *“Each of you should look not only to your own interests, but also to the interests of others.”*

Most young people don't view their family as a team. However, the family has a job to do, getting things done, and accomplishing a number of tasks in life. How might this verse help all the members of this family do better in their interaction?

Bible Answers



Lesson 7

Teen Success Worksheet • continued

LIFE SUCCESS PRINCIPLE 14: Learn Self-Control to Manage Anger.

Dad ramps up the intensity quite quickly. In what ways does Rudy also demonstrate that he is letting his anger get out of control?

Problem

What suggestions might you give to Dad and to Rudy for handling this situation better?

Suggestion

Proverbs 25:28: *“Like a city whose walls are broken down is a man who lacks self-control.”*

How is a city with broken down walls like a person who lacks self-control? And, how does one develop self-control when emotions easily get out of control?

Bible Answers

Step 4 – Conclusion and Prayer



It's easy to get angry when people don't consider what you want. One of the solutions is to consider the interests of others and the other solution is to develop self-control in emotionally charged situations. Both of these skills represent long term success principles. Pray and ask God how you might develop them now in your family and then use them elsewhere too. Answer the following question and pray together.

Big Idea: What are some things mentioned in this lesson that we can work on in our family?

Lesson 7

For the Parent

Some Tips for Addressing Anger in Children

- Keep the problem the child's problem.

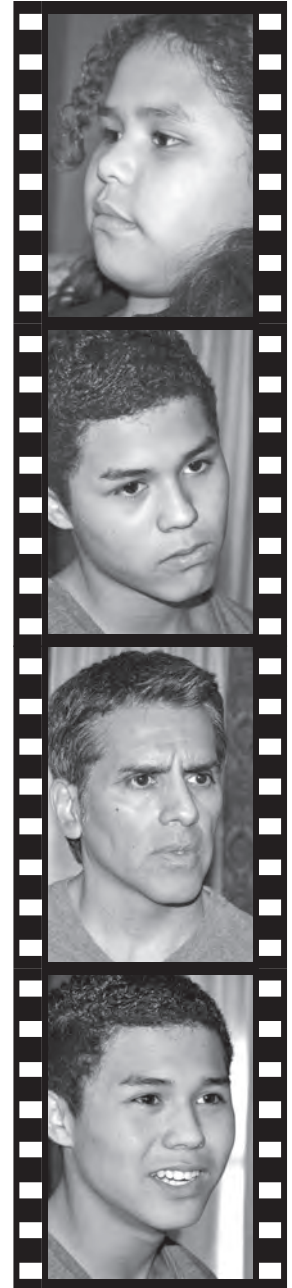
- Don't get sucked in.

- Train your child to pull back instead of push forward.

Help kids see progress (frequency, intensity, and recovery time).

QUESTION: How can I break the cycle of anger in our family?

ANSWER: Pull back instead of push forward when things get intense.



“Anger is good for identifying problems but not good for solving them. It’s not good enough to be right. You also need to be wise.”



Lesson 8

Consider the Needs of Others

Preparing Your Heart as a Parent

We've all heard the statement "Life's not fair." But that doesn't make it any easier when the injustice happens to us. Every person needs to have a plan for dealing with unfairness and it starts in family life.

One of the solutions revealed in this lesson is the importance of honor, a success principle rich with practical implications. It's easy to honor someone when you like what they're doing or when things are going the way you want, but when challenges arise, honor tends to evaporate.

As you work on developing honor in your family, practice it first yourself. After all, you're already honoring your kids in a number of ways. You sometimes overlook a problem or solve it yourself or you look for a way to bring delight on your child's face. Use those opportunities to point out the concept of honor and ask your child to contribute as well.

Honor is all about giving and sometimes it's simply giving the little things. A thank you here or a helping hand there are ways to demonstrate honor and set the stage for bigger opportunities when they come along.

Showing honor in the midst of a disagreement is very important. In this lesson, both the parents and Rudy lack the honor necessary to work through the problem with grace.

As you talk to your teen about emotional investment and about handling unfairness you may be able to have some significant conversations about maturity in tough situations.

Here are some things you might talk about as a result of watching the video.

- Dad said he would do something but didn't realize that he couldn't follow through. The way he handles the situation is poor.
- Mom seems more intent on her own needs instead of caring for her husband or son.
- Rudy has a hard time adjusting to the fact that plans have changed and reacts with an angry outburst.
- Dad and his kids are sitting around, not anticipating the arrival of Mom with dinner.

Lesson 8

Teen Success Worksheet

Step 1 – Introduction



SCENE SUMMARY: Dad told Rudy he would take him to the Mall but then is too tired and further finds out that he has a meeting tonight about Rudy at the school. Rudy feels hurt because his Dad isn't keeping his word. Although it makes sense that he would feel hurt because it's not fair, his reaction isn't helpful. His job was to set the table while Mom went out to pick up dinner. Watch as Rudy ramps up with anger at the injustice of the situation.

Step 2 – Watch the Video



Step 3 – Discussion



LIFE SUCCESS PRINCIPLE 15: Practice Flexibility When Plans Change.

How is each family member handling this challenging situation poorly?

Problem

What recommendations might you give to each person in this family to handle things better?

Suggestion

Ephesians 4:26: *“In your anger do not sin”: Do not let the sun go down while you are still angry.”*

Although all the people in this family would benefit from some help, let's focus on Rudy. Plans had to change but Rudy's inflexibility makes it difficult for him to handle the unfairness of the situation resulting in an angry outburst. How might this scripture help him?

Bible Answers



Lesson 8

Teen Success Worksheet • continued

LIFE SUCCESS PRINCIPLE 16: Learn to Handle Unfairness Well.

Life is often unfair posing difficult relational challenges. Describe the unfairness in this situation?

Problem

How might you suggest that the parents and Rudy handle the unfairness better?

Suggestion

1 Peter 2:19-20: *“For it is commendable if a man bears up under the pain of unjust suffering because he is conscious of God. But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God.”*

This passage is addressed to mistreatment of slaves, but the principle applies to any injustice a person might experience. How might someone please God in an unfair situation?

Bible Answers

Step 4 – Conclusion and Prayer



Being treated unfairly is one of the most difficult areas of life to handle. Many people develop anger and bitterness in their hearts turning them into ugly people. It's important to learn to respond to unfair situations with maturity and grace. Pray that God will give you wisdom to handle those situations well now to prepare you to respond positively in the future as well. Answer the following question and pray together.

Big Idea: What are some things mentioned in this lesson that we can work on in our family?

Lesson 8

For the Parent

Every form of selfishness has an honor-based solution.

QUESTION: How can I get my kids to contribute to our family instead of just draining it?

ANSWER: Teach them how to take initiative using the concept of honor.

Honor is treating people as special, doing more than what's expected, and having a good attitude.

One way to teach honor is to add it into an instruction requiring the child to do one extra thing.

Honor teaches children to take initiative.

When honor happens, delight is the result.

Use current examples of things you, as a parent, do that are honoring to help illustrate the concept to your kids.



“Obedience gets the job done. Honor deals with how the job is done. Honor is like oil in the machine, reducing friction and making things go more smoothly.”

